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## FLORIDA DEPARTMENT OF HEALTH IN ST. LUCIE *Encourages St. Lucie County Residents to Move More*



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**St. Lucie County, FL** – Join the County vs. County Challenge! St. Lucie County residents have been challenged by four other counties from across the nation to a fitness challenge, **County vs County: Across the Mediterranean**, to see who can log the highest average number of steps. The challenge runs May 1 to June 11, 2019. Counties taking part in the competition are Ventura County, California, McHenry County, Illinois, Orange County, Florida, and Chester County, Pennsylvania. The race will take participants through amazing locations in the Mediterranean including through Athens, Greece and Morocco via a virtual map on a platform called, Walker Tracker. Walker Tracker, the web-based application used for the Healthy St. Lucie *Billion Steps Challenge*, has organized the challenge to see who will win bragging rights as the winning County.

“The *Billion Steps Challenge* is a physical activity campaign designed by the Healthy St. Lucie Coalition to address adult sedentary rates in St. Lucie County. Our adult sedentary rates of 30.5%\*, exceeds the state average. The national physical activity guidelines recommend that adults have at least 150 minutes of moderate physical activity every week. Join with us and I encourage residents to take advantage of this FREE 6-week challenge to move more, improve your health, and let’s just do it, win the national contest!” said Clint Sperber, Health Officer and Administrator for the Florida Department of Health in St. Lucie County.

Residents wanting to help St. Lucie go for the win need to sign up for the Healthy St. Lucie Billion Steps Challenge at <https://healthystlucie.walkertracker.com/>. If you are currently participating in the Healthy St. Lucie *Billion Steps Challenge*, you are automatically enrolled as a St. Lucie County teammate for the Mediterranean Challenge.

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health, please visit [www.stluciecountyhealth.com](http://www.stluciecountyhealth.com).

## **About Healthy St. Lucie**

In June of 2015, the Florida Department of Health in St. Lucie County met with community partners to begin work on a Community Health Improvement Plan for 2016-2019. This meeting launched the **Healthy St. Lucie Coalition** to promote health where we live, learn, work, and play. To learn more about Healthy St. Lucie, please visit [www.healthystlucie.org](http://www.healthystlucie.org).

**\*Data Source:** *2016 Florida Behavioral Risk Factor Surveillance System telephone survey conducted by the Centers for Disease Control and Prevention (CDC) and Florida Department of Health Division of Community Health Promotion.*

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